

Infant Resources available for free on the Web

(Information is current as of 11/11/21)

Establishing Tummy Time Routines to Enhance Your Baby's Development, Tips for Living Life to Its Fullest. The American Occupational Therapy Association, 2013. This resource offers three pages of suggestions for helping infants develop through spending time on their tummies.

Website: <https://www.aota.org/about-occupational-therapy/patients-clients/childrenandyouth/tummy-time.aspx>

Growing, Moving, Learning: Infant-Toddler Toolkit*

(University of Delaware, Nemours)

This toolkit includes developmentally appropriate activities that promote physical activities and healthy eating for infants and toddlers.

Website: <https://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/infanttoddler toolkit.pdf>

Move, Play, and Learn

Society of Health and Physical Educators (SHAPE) America Digital Download Library contains numerous physical activity lessons for infants, toddlers, and preschoolers. These resources are available in English and Spanish.

Website: <https://www.shapeamerica.org/publications/resources/downloads-earlyChildhood.aspx>